

What should you know about Roller Skates? Its different components

You may have friends who tell you about their achievements at the skating rink. This may compel you to know more about roller skates and to learn it. But first, you need to own one along with certain essential accessories and safety devices. At the same time, it will be wise to know about its different components. As a beginner, invest first in an inexpensive device that can be upgraded later on as you gain experience and expertise.

Know the different parts

- **Boot:** Boots in roller skates are of two types, namely, artistic and recreational. The first type is also referred to as 'high top boots'. It is designed to be used to dance or skate at the rink. The second type is referred to as 'low top boots', designed to be used to undertake numerous activities. Such boots are meant for roller derby skating, jam skating and speed skating. Skate boots are available in different prices.
- **Frame:** Being attached with the boots, it supports the wheels. It is referred to as 'plate' or good frame is vital to have amazing skating experience. Choose lightweight frame like those constructed using lightweight materials like aluminum, etc. Top quality frames are preferred by experienced skaters. These are designed to support their type of skating.
- **Wheel:** If the skates are to be used in the rink, then choose wheels over 90A. To skate on bike tracks, sidewalks or on plain concrete surfaces, use wheels lesser than 90A. If you plan to use the skate both outdoors and at the rink, then choose wheels near 90A. However experts suggest buying separate wheels to be used on indoor and outdoor surfaces. Wheels are also available in different sizes. Wheels should not be more than 59mm if you are interested in roller derby skating or aggressive skating. Beginners should avoid using too large wheels. Rather, 72mm or even lesser will be a good start.
- **Bearings:** It is used to ensure free, smooth wheel rotation and is available in 7 or 8mm size. It is the bearing's inner diameter and axle size to be used.
- **Breaks or top stops:** These are considered to be lifesavers especially for beginners. Stop or breaks can be designed under or on the toe or the heel. You should also know how to use it correctly and at the appropriate time.

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